

WORKSHEET 3B
IDENTIFYING PERMISSIVE THOUGHTS ABOUT DRINKING

Trigger

Feelings and Sensations

**Permissive Thoughts about
Drinking**

	<p>What were you saying to yourself that made it easier to keep drinking?</p> <p>Highlight the key thought that makes it most likely for you to continue drinking.</p>
	<p>What feelings and body sensations did you notice?</p>
<p>When did it happen? Where were you?</p> <p>What were you doing?</p> <p>What were you thinking about?</p>	